



NeuroFit Gym
1361 West Eules Blvd #101
Eules, TX 76040
817-571-1323
www.neurofitnessfoundation.org

Volunteer

Neuro Fitness Foundation is a great place to volunteer! Our volunteers assist members and staff in order to provide the most optimal experience for participation and independence.

Opportunities include:

- *Gym volunteers* - assist members to be as independent as possible on the equipment. Volunteers can provide support and assistance as needed, help maintain a clean and safe environment. All volunteers will be trained on equipment.
- *Special Events volunteers* – event organizing, assist staff and members during events in or out of the facility. Responsibilities specific to event.
- *Other volunteer area opportunities* – photography/videography, social media development and maintenance, accounting, marketing, technology, advertising

Volunteer Signup

Name: _____ Phone Number: _____

Email: _____ What is the best way to reach you? Phone Text email

Address: _____

Emergency Contact: _____

What days are you available?

Monday Thursday

Tuesday Friday

Wednesday Saturday

3 hours or less

10-15 hours

3-5 hours

15-20 hours

5-10 hours

20 or more hour

What is the best time of the day for you to volunteer?

Monday-Friday Saturdays

10am-12pm 10am-12pm

12pm-2pm 12pm-2pm

2pm-4pm drop-in

4pm-6pm

*T, TH closed at 5pm. F closed at 4pm

How much time can you dedicate to volunteering in a week?

When can you start? _____

What type of volunteer activities do you prefer?

Assist gym members and staff

Help keep gym and equipment clean

Organize fundraising events

Work fundraising events

Others _____

Do you have any past experience in volunteer work? Briefly explain. _____

Why are you interested in volunteering at the NeuroFit Gym? _____

List 2 references names/phone numbers: _____

Signature: _____ Date: _____